



# Berry Energizer



2 servings



5 minutes

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## INGREDIENTS

- 1 cup mixed berries
- 1/2 cup Greek yogurt
- 1/2 cup water or milk
- 1 tablespoon chia seeds
- 1 tablespoon lemon juice
- Handful of Mint
- Ice cubes (optional)

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## DIRECTIONS

1. In a blender or food processor, add the mixed berries.
2. Pour in the lemon juice and add a handful of mint.
3. Add the Greek yogurt and the water or milk.
4. Drop in the chia seeds.
5. Blend thoroughly until well-combined.
6. If you prefer a sweeter smoothie, add 1 tablespoon of honey.
7. Pour the Berry Energizer Smoothie into a glass.
8. Enjoy chilled with ice cubes.